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Acupuncture: Evidence for how and why it works

A synthesis of the available world literature provides the following rigorous hypothesis for how and why acupuncture works when it does and why it does not work when it does not achieve successful outcomes.

Google scholar reports 516,000 scientific articles on acupuncture (3/1/17). PubMed reports 14,042 peer review articles (3/1/17). This suggests how intensive and extensive is observational research demonstrating remarkable and significant outcome results, often at lower costs and risks than allopathic comparable treatments. How acupuncture works remains a 'mystery wrapped in an enigma.'

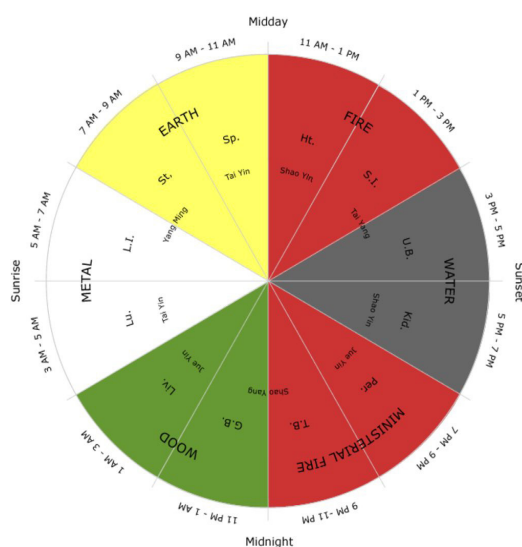
Support for this integrative systems biology understanding of acupuncture is presented here for the first time and reflects half a century of experience seeking a bridge between TCM/acupuncture and Western biomedical sciences. Relevant observations are:

1. Acupuncture needles must be made from two different types of metal. The Kelvin-Thompson effect confirms that a tiny electrical current flows from the needle tip. Usually the exterior is cooler. Use of moxa makes the exterior warmer and reverses the polarity of the electrical flow.
2. The electrical flow direction is determined by the thermal gradient across the acupuncture needle.
3. Collagen is uniquely able to receive and transmit such tiny current flows; nanoamps.
4. Injection of collagenase into acupuncture points results in permanent harm; no other protease has such an effect.
5. True acupuncture induces endorphin / cytokine release in the brain within seconds; sham acupuncture does not induce endorphin / cytokine release.
6. Collagen is piezoelectric. A microcurrent and orthogonal magnetic field is generated whenever collagen is compressed. Collagen is the only piezoelectric molecule in the body.
7. There are subtypes of collagen in the basement membrane and infrastructure of each animal. There are 28 subtypes of collagen confirmed thus far. While 90% of an animal's collagen is type I ('bone and scar'), each collagen subtype has a functional nuance important for cells to receive and exchange nutrients, wastes, gases and actively transported items needed by certain cells.
8. More than physiologic amounts of steroids, either exogenous or endogenous, blunt or block acupuncture effects. Cell membranes become less fluid and also less responsive to repair needs.
9. More than physiologic amounts of steroids blunt or block neurohormone responses by stabilizing cell membranes thus reducing the cells responsiveness to stimulation.

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10. Acupuncture channels or meridians are proposed to be collagen fibrils derived from the sentinel cells that migrate from the notochord to every differentiated part of the body. As these pluripotent cells migrate they leave behind a collagen connective tissue fibril insulated by glycosaminoglycans. Acupuncture meridians appear to reproduce the embryology of sentinel cells. The notochord is the anlage of the spinal column.
11. The horary clock or microcosmic circuit is confirmed through circadian biorhythm research.



12. Therapeutic synergy is reported between learned optimism, relaxation response and mindfulness practices. Repair of collagen by innate immune defense and repair cells is more efficient and effective when such self-care practices are included.
13. People with inflammatory, autoimmune and chronic illnesses routinely benefit from acupuncture in proportion to the healthfulness of their other habits of daily living. Acupuncture is more effective when the person addresses what they eat, drink, think, and do using nature, nurture and wholeness as guidelines. Staying well hydrated. Eating foods that can be digested, assimilated, and eliminated without immune burden. Keep a healthy transit time. Keep a healthy urine pH after six or more hours of rest.
14. Pulses may well carry information due to how the heart twists during each contraction. Collagen largely determines the compliance or resistance of blood vessels to flow. All blood vessels contain a collagen infrastructure.

Biography

Jaffe is board certified in Clinical Pathology and in Chemical Pathology. He is the recipient of the Merck, Sharp & Dohm Excellence in Research Award, the J.D. Lane Award, and the U.S.P.H.S. Meritorious Service Award. Dr Jaffe was honored as an International Scientist of 2003 by the IBC, Oxford, England, UK for his lifetime contributions to clinical medicine, biochemistry, immunology, methodology, and integrative health policy. Dr. Jaffe is also founder and chairman of ELISA/ACT Biotechnologies, MAGique BioTherapeutics, and Better Lab Tests Now.

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